Resource Guide
for
Spiritual Growth Opportunities
Revised January 2016
Diocese of Pittsburgh
Department for Consecrated Life
This resource guide provides an easy reference of persons and places focusing on spiritual and personal development for anyone seeking to give closer attention to his/her spiritual journey.

This booklet can be found on-line at www.diopitt.org, Vocations, Consecrated Life.

Blessings on your journey.

Sister Geraldine M. Wodarczyk, CSFN
Delegate for Religious Counselors/Social Workers

Counselors/Social Workers  Page 3
Spiritual Directors  Page 4
Retreat Centers / Continuous Programs  Page 7
Sister Cynthia Comiskey, CSJ  
1020 State Street  
Baden, PA  15005  
(724) 251-0785  
cynthcom@gmail.com

Sister Marjorie Kelly, CSJ, LPC  
49 S Euclid Avenue  
Pittsburgh, PA  15202  
(412) 734-5749

Sister Maria Clara Kreis, CDP, Ph.D.  
307 Fourth Avenue, Suite 1100  
Pittsburgh, PA  15222  
(412) 499-0550  
dr.mariaclarakreis@gmail.com  
Webpage: dr.mariaclarakreis.com

- Sister is a Licensed Psychologist in Pennsylvania and has a part-time practice in Pittsburgh-Downtown. Her full-time employment is at Duquesne University’s Counseling & Wellbeing Center as the Assistant Director and Outreach Coordinator. Please see her webpage for more information.

Sister Bernadette Manning, SC  
Franklin Centre  
4240 Greensburg Pike,  
Suite #104  
Pittsburgh, PA  15221  
(412) 271-5410  
bmanning9@verizon.net

- Licensed Professional Counselor offering individual counseling and group presentations on the following topics:  
  - Alzheimer Disease  
  - Forgiveness  
  - Grief Loss and Healing  
  - Guided Imagery & Energy Healing

Char M. Pavlik, PhD, LSW, MT-BC  
Angelspring Farm Wellness Retreat  
789 Brownsville Road  
Fayette City, PA  15438-1115  
(724) 938-2301

- 30+ years experience. Social worker and psychotherapy background. Board-certified music therapist. Individual and group counseling for men/women, couples; stress and grief counseling, crisis and trauma work, spiritual direction.

Sister Mary Ellen Rufft, CDP  
Bank Tower, Suite 1100  
307 4th Avenue  
Pittsburgh, PA  15222  
(412) 761-2949

- Psychologist. Works with adults 18 or older. In office Tuesdays, Wednesdays and Thursdays.

Sister Carol Stenger, CDP  
9179 Peebles Road  
Allison Park, PA  15101  
(814) 221-0337

- Certified from Sacred Heart University, CT in 2007. Licensed clinical social worker.
SPIRITUAL DIRECTORS

Rev. Frank D. Almade, Ph.D.
St. Vitus Parish
910 S. Mercer Street
New Castle, PA 16101
(724) 652-3422
(412) 613-6421
falmade@diopitt.org
- Father’s method of spiritual direction is following the Spiritual Exercises of St. Ignatius Loyola and much Scripture and practical wisdom from priestly ministry.

Sister Ardath Blake, HM
VMESC
PO Box 424
Villa Maria, PA 16155
(724) 964-8920 x3444
ablake@humilityofmary.org
- Sr. Ardath has received training and supervision in spiritual direction through St. Beuno Spiritual Exercise Center, Asaph, Wales UK; the Center for Spirituality and Lay Ministry of Sacred Heart University in Fairfield, CT, and at Loyola House in Guelph, Ontario. Sr. Ardath also has a MA in Theology and MS in Education and experience in parish pastoral ministry.

Sister Marie Grace Blum, OSF
1518 Evergreen Avenue
Pittsburgh, PA 15209
(412) 821-1603

Sister Carolyn Bodenschatz, CSJ
2266 Parklyn Street
Pittsburgh, PA 15234
(724) 454-1232
chbodenschatz@stjoseph-baden.org

Sister Judith Blizzard, CSSF
1500 Woodcrest Avenue
Coraopolis, PA 15108
(734) 718-0632
sjBlizzard@feliciansisters.org
- Masters in Spirituality and Certificate in Spiritual Direction from Creighton University. Experience with retreats to all ages and parish missions.

Sister Joanne Brazinski, OSF
3757 Library Road
Pittsburgh, PA 15234
(412) 882-9911
sjbrazinski@osfprov.org

Rev. Robert P. Connolly
633 Cannelton Road
Darlington, PA 16115
rconnolly@diopitt.org

Rev. Leonard Cornelius, OFM
Holy Family Friary
232 South Home Avenue
Pittsburgh, PA 15202-2899
(412) 737-0120
lencorn@earthlink.net
- Father has extensive experience as a Spiritual Director. He lives and practices the Carmelite method of spiritual renewal.

Sister J Lora Dambroski, OSF
St. Anthony Convent
10 Chesna Drive
Pittsburgh, PA 15234
(412) 885-7404
sjldambroski@osfprov.org
- Primary Ministry is Congregational Leadership but she is still available for Spiritual Direction, Retreats and Facilitation.

Rev. Kevin J. Dominik
St. Angela Merici Parish
1640 Fawcett Avenue
White Oak, PA 15131-1802
(412) 672-9641
kdominik@diopitt.org
- Father’s method is beginning with prayer and then listening, understand family dynamics, praying Scriptures, building a trust and comfort with openness to challenges and use of sacred images, spiritual readings and simply letting the directee lead the time together.

Sister Paula Drass, CSJ
2603 Norwood Avenue
Pittsburgh, PA 15214
(412) 321-0433
pdlcsj@yahoo.com

Sister Elaine Marie Frigo, CSSF
Mother of Good Counsel Convent
3800 W Peterson Avenue
Chicago, IL 60659
(773) 463-3806, Ext. 1171
elaine47frigo@feliciansisters.org
Rev. John A. Geinzer, STL, MS Ed., MA
1028 Benton Avenue
Apt. 1106
Pittsburgh, PA 15212
(412) 477-5053 (Cell)
(412) 307-1123 (Work)
(412) 307-1100 (Secretary)
jgeinzer@diopitt.org

- STL in Dogmatic Theology, MS Ed. in Counseling, MA in Christian Spirituality

Rev. Michael Greb, OFM, Cap
St. Fidelis Friary
372 East End Avenue
Beaver, PA 15009-2348
(724) 843-3400
mgreg@diopitt.org

- Father’s method of spiritual direction is as a listener to discern how the Holy Spirit is working with each individual.

Sister Jeanine Heath, CSSF
3800 W. Peterson Avenue 3N
Chicago, IL 60659
(773) 463-3029 Ext. 3481
smjeanineheath@feliciansisters.org

Sister Catherine Higgins, CSJ
316 Beaver Street
Sewickley, PA 15143
(412) 841-8475
catherinemcalle@comcast.net

- Professional experience as elementary principal, licensed social worker and hospice chaplain. Sister received her education for Spiritual Direction at the Jesuit Centers in Guelph, Ontario and Wernersville, PA. Spiritual Director and Director of the Spiritual Exercises of St. Ignatius for over 20 years.

Sr. Wilma Kramer, OSF
St. Clair Convent
146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200 *0 ask to page Sr. Wilma Kramer
wkramer@sosf.org

Sister Mary Leah Krauth, OSF
St. Clair Convent
146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200

Sister Maria Kruszewski, CSFN
301 Nazareth Way
Pittsburgh, PA 15229
(412) 216-1594
smariak@yahoo.com
Provides Focusing in addition to Spiritual Direction

Sister Barbara Lenarcic, HM
318 Villa Drive, PO Box 702
Villa Maria, PA 16155
(724) 964-8920 x3283
belenarcic@humilityofmary.org

- Certificate in Spiritual Direction from Sacred Heart University in Fairfield, CT. Experienced in psychological counseling. Available for directed retreats and ongoing spiritual direction. Instructor in the Spiritual Direction Training program at Villa Maria Education and Spirituality Center.

Sister Diane McCalley, CSJ
(304) 243-1370
(304) 242-0406
dmcalley@frontier.com

Rev. Edwin Moran, CP
St. Paul of the Cross Monastery
148 Monastery Avenue
Pittsburgh, PA 15203
(412) 381-1188
emoran@cpprov.org

Sister Carole Riley, CDP, Ph.D., LPC
Duquesne University
Pittsburgh, PA 15282
(412) 901-4259 (Cell)
rileyc@duq.edu
www.duq.edu

- Professor of Piano and Music Education. Associate, American Music Therapy Association.
- Licensed professional counselor; spiritual director trained in Ignatian spirituality; supervisor of spiritual directors; facilitates directed retreats
- Executive Director of The West Virginia Institute of Spirituality. www.wvinstituteforspirituality.org
wviscr@aol.com

Rev. Rene J. Schatteman
Opus Dei Warwick House
5090 Warwick Terrace
Pittsburgh, PA 15213
(412) 683-8448 ext. 304
rene@warwickhouse.org

- Specifically works with people associated with Opus Dei, but would consider others for spiritual direction.

Sister Jane Schmitt, OSF
146 Hawthorne Road
Pittsburgh, PA 15209
(412) 821-2200 ext. 375
jschmitt@sosf.org
Sister Jean Rene Seiler, CDP
Kearns Spirituality Center
9000 Babcock Blvd
Allison Park, PA 15101
(412) 508-7841 (cell)
(412) 931-5241 (home)
(412) 366-1124 (work)

Sister Althea Anne Spencer, OSF
Nativity Convent
5802 Curry Road
Pittsburgh, PA 15234
(412) 885-7406
saaspencer@osfprov.org

Rev. Ward Stakem, OFM. Cap.
St. Mary of the Assumption Parish
821 Herman Road
Butler, PA 16002
(724) 285-3285
wstakem@diopitt.org
- MA in Theology and in Pastoral Counseling. Father’s method of spiritual direction is Rogerian non-directive.

Sister Aquinas Szott, CSSF
260 South Main Street
Lodi, NJ 07305
(201) 433-6328
smaquinas@feliciansisters.org

Sister Anne Winschel, CDP
Kearns Spirituality Center
9000 Babcock Boulevard
Allison Park, PA 15101
(412) 635-5418 (work)
(412) 734-9095 (cell)
sisteranne1931@gmail.com
- Available for Spiritual Direction and Directed Retreat Ministry

Sr. Leona Ulewicz, CDP
731 Chartiers Avenue
McKees Rocks, PA 15136
(412) 778-4149 (Home)
(412) 518-7729 (Cell)
lulewicz@cdpsisters.org
- Spiritual Direction in English or Spanish available at Kearns Spirituality Center

Rev. Louis Vallone
St. John of God Parish
1011 Church Avenue
McKees Rocks, PA 15136
(412) 814-4482
lvallone@diopitt.org
- Underlying spirituality is Ignatian
ANGELSPRING FARM WELLNESS RETREAT
789 Brownsville Road
Fayette City, PA 15438-1115
Charleen M. Pavlik, PhD - Director
Karen J. Evanczuk, PhD - Director
724-938-2301 phone/fax
angelspring789@yahoo.com
www.angelspring.net

Angelspring is a wellness retreat, specially chosen for its solitude and regenerative natural surroundings. It is located in Fayette County 35 miles from downtown Pittsburgh and 45 minutes from Morgantown, WV. Since 1995, Angelspring has specialized in personal and professional development of the whole person, with attention to spirituality and wellness. Guests can take advantage of opportunities that facilitate deep solitude, rural warmth and spiritual guidance in order to renew the body, relax the mind and rejuvenate the spirit. Retreatants also enjoy a stone walking path, the Chapel-in-the-Barn, a small meditation pool and waterfall.

Angelspring’s primary accommodation is a cozy private retreat house for one, The Granary. It is simple and comfortable, with views into the surrounding woods. It has a covered porch with 2 rockers, double bed, kitchenette, bathroom/shower, heat/AC, hair dryer, 3 speed ceiling fan, CD player/radio, and DVD player. Extended stays are available, with spiritual guidance and wellness services.

Angelspring’s services include the following: personal retreats, individual counseling, arts exploration and sound healing experiences, spiritual guidance, grief counseling, stress management/wellness sessions, and therapeutic massage. Seasonal retreats and programs offered. For information and reservations, Angelspring can be reached at 724.938.2301, www.angelspring.net (website) or angelspring789@yahoo.com (e-mail).
EPIPHANY ACADEMY OF FORMATIVE SPIRITUALITY

820 Crane Avenue
Pittsburgh, PA 15216
Susan Muto, PhD, Dean
Rev. Ralph Tajak, OSB, Chaplain
Mary Lou Perez or Vicki Bittner
mlperez@epiphanyassociation.org
or vbittner@epiphanyassociation.org
412-341-7494 (phone)
412-341-7495 Fax
www.epiphanyassociation.org

This cruciform-style building surrounded by gardens and designed architecturally and aesthetically to nurture the human spirit is located at 820 Crane Avenue, Pittsburgh, Pennsylvania. Courses and programs offered are based upon the lifelong foundational and Christian ecumenical work of Reverend Adrian van Kaam, CSSp, PhD, (1920-2007) on formation science, formation anthropology and formation theology. The Academy has an extensive spirituality library, chapel, classrooms, student lounge, conference room and bookstore. Besides courses advertised, we design and offer programs to organizations upon their request. The facility is also available to compatible groups for rental. For more information, please contact Vicki Bittner at 412-341-7494, e-mail us at: epiphany@epiphanyassociation.org or visit the website at www.epiphanyassociation.org.

KEARNS SPIRITUALITY CENTER

9000 Babcock Boulevard
Allison Park, PA 15101
Sister Agnes Raible, CDP - Director
Sister Mary Joan Coultas, CDP - Program Coordinator
kearns@cdpsisters.org
412-366-1124
412-635-6318 Fax

Kearns is a ministry of the Sisters of Divine Providence located on the grounds of Providence Heights in the North Hills. The Center provides hospitality and services for individual retreats and for groups seeking a quiet reflective atmosphere. Special features include the spacious Visitation Chapel, overlooking a wooded area, an outdoor labyrinth, a screened-in gazebo, large and small meeting rooms, food service by arrangement and comfortable overnight accommodations for up to 60 people. The Center offers spiritual direction by appointment. Please see the website for current programs: www.cdpsisters.
Nestled in the urban landscape of Parma, Ohio, the Jesuit Retreat House (JRH) of Cleveland is “a place of peace in the forest.” Set in 57 acres of rustic woodland, the retreat house offers a variety of programs to fit everyone’s needs. Forests, meadows and pathways, as well as outdoor Stations of the Cross and shrines, present an ideal setting for contemplation in nature.

The retreat center includes two beautiful chapels, 57 private single rooms and three suites for overnight guests. The dining room serves home-cooked meals prepared by a full-time kitchen staff, who can accommodate special dietary restrictions.

A large meeting area accommodating up to 80 people, additional breakout areas and A/V equipment make the retreat center ideal for large groups. Additionally, there are two spacious lounges for relaxing, a library of classic and contemporary religious literature and a bookstore with current titles.

From a one-day retreat to a 30-day exploration of the Spiritual Exercises of St. Ignatius Loyola, the Jesuit Retreat House of Cleveland endeavors to move retreatants closer to God. For those looking for the next phase in their spiritual lives, an individually directed retreat by one of the Jesuit or women directors may fulfill that need.

Among the 3,500 people that take advantage of JRH’s spiritual hospitality annually are such diverse groups as Pre-Cana groups, Catholic school faculty, Knights of Columbus members and non-Catholic churches. JRH’s own “in-house” programs include day and evening retreats, popular weekend retreats and retreat weekends for the recovering community.
MARTINA SPIRITUAL RENEWAL CENTER
5244 Clarwin Avenue
Pittsburgh, PA 15229
Sister Donna Smith, SHS - Administrator
Sister Mary Lou Witkowski, SHS - Assistant Administrator
412-931-9766 or 412-931-9790
412-931-1823 Fax
martinaspiritual@verizon.net
www.sistersoftheholyspirit.com

Martina Spiritual Renewal Center is a ministry of the Sisters of the Holy Spirit providing gospel hospitality through a welcoming presence of our staff, offering Christian programming and hosting Christian Ecumenical groups desiring growth and renewal in their spiritual life. We offer weekend and weeklong retreats, days and evenings of spiritual enrichment, group spiritual direction gatherings, adult faith formation programs, women/men religious community retreats, private days of prayer and private retreats. We host Spiritual Formation and Renewal Programs: Confirmation programs, staff and planning meetings, marriage preparation, in-service days of recollection, staff retreats, parish council retreats, seminary retreats, college break retreats, vocation retreats and days of reflection. Chapel, meditative garden, outdoor Stations of the Cross, quiet lovely grounds, 31 single rooms, 2 semi-private rooms, air-conditioning, food service, library, gift shop, four meeting rooms (10-40 people), dining room/meeting room (200 people), all-purpose auditorium/gym (300 people), smoke-free environment. Come and be at Peace.

MOUNT SAINT MACRINA HOUSE OF PRAYER
510 West Main Street, P O Box 878
Uniontown, PA 15401-0878
Sister Carol Petrasovich, OSBM
724-438-7149

The peace-filled atmosphere surrounding Mount Saint Macrina House of Prayer offers a sense of serenity and refreshment to all who visit. This ministry is sponsored by the Sisters of the Order of St. Basil the Great, a Byzantine Rite Community. It is an ideal place for persons to relax, rest quietly, and simply be with the Lord. All who seek to open themselves to God through prayer, reflection, and solitude are invited to spend quiet time here, and to enjoy the beauty of the place and its spacious grounds.

Individuals and groups are invited to visit and to make day pilgrimages to the Shrine of Our Lady of Perpetual Help. The Shrine is not only the focal point of the House of Prayer, but also the grounds of Mount Saint Macrina. Mount Saint Macrina House of Prayer, formerly the J.V. Thompson mansion, is an elegant facility with small conference rooms, chapel, dining area, and overnight accommodations. The staff offers a variety of retreats and reflection days.
ST. ATHANASIUS COMMUNITY CENTER
7 Chalfonte Avenue
Pittsburgh, PA  15229
Sister Donna Wojtyna, OSB
412-592-5654
djwoodreed@gmail.com
www.osbpgh.org

**Basket Creations:** Create basket masterpieces from hundreds of basket types or design your own. Stop by for an hour or spend the whole day. Many different types of workshops are offered. Beginner and intermediate weavers are welcome! For workshop details, visit www.osbpgh.org and click Events.

- Basketry for Adults
- Basketry for Children & Teens
- Individual instruction
- Basket Camp for children & teens
- Programs for Scout Troops
- Basket Retreat Reflection Days
- On Site Presentations on style, use and care of baskets.

**Woodcarving:** Learn techniques for carving a variety of small wooden objects, traditional love spoons, and free-form chip carving on wooden plates. Beginner and intermediate carvers are welcome. Reservations must be made 30 days in advance. Classes are held monthly on Saturdays from 10:00 a.m. to 1:00 p.m.
SAINT JOSEPH SPIRITUALITY CENTER
1020 State Street
Baden, PA 15005
Sister Ann Francis Hanley, CSJ, Registrar
724-869-6587
www.stjoseph-baden.org (Click on “Prayer and Spirituality”)

St. Joseph Spirituality Center welcomes all people seeking a deeper and more profound love of God and neighbor by providing an environment of hospitality, community, and prayer. Located 30 minutes from downtown Pittsburgh at the Motherhouse of the Sisters of St. Joseph in Baden, PA, the Center provides a welcoming environment and a prayerful atmosphere with extensive space for walking, reflection, and renewal. The Center is available for days and evenings of reflection; directed and guided retreats, individual spiritual direction, private, non-directed retreats, group retreats, and in-service days. Several spiritual directors are available by appointment.

St. Joseph Spirituality Center provides three meeting rooms (accommodating groups from 10-120). Overnight accommodations are available for up to 25 people. The facilities at the Motherhouse include an air-conditioned chapel, a main dining room, a book and gift shop, a small library, a labyrinth, a Shrine to Our Lady of Lourdes, and an outdoor station path. An elevator allows for easy accessibility.

Through its Sharing the Mission program, the center provides spirituality, faith formation, and ministry support programs in parishes and communities. Spirituality Center staff offer opportunities for “companioning” individuals through the Spiritual Exercises of St. Ignatius Loyola. For information about spiritual direction, private directed retreats or companionsing through the Spiritual Exercises, contact: Sister Donna Marie Tahaney at 724-869-6520 or Sister Catherine Higgins at 412-841-8475. For information on parish-based programs focused on Ignatian Adult Faith Formation, contact Sister Catherine Higgins at 412-841-8475.
SAINT PAUL OF THE CROSS RETREAT CENTER
148 Monastery Avenue
Pittsburgh, PA 15203-1498
Fr. Gerald Laba, C.P. - Director
stpaulrcpa@cpprov.org
412-381-7676

Located high atop the hillside overlooking downtown Pittsburgh on the South Side, St. Paul of the Cross Retreat Center offers a peaceful, serene setting of 14 acres of gardens, a retreat center which sleeps 80 in single rooms and 100 with twenty doubling up in rooms with two beds, 5 conference areas for up to 120 participants, a chapel, monastery, and church. Weekend scheduled retreats for parish groups and special weekends for healing retreats, recovery programs, and others are scheduled throughout the year. Hosted groups of up to 120 are welcome for seminars for one or more days during the week only. Evening programs and confirmation retreats may also be scheduled. Individuals, both religious and laity, may contact Mr. John Colaizzi at 412-381-7676 with daytime or overnight requests.

THE SPIRITAN CENTER
6230 Brush Run Road
Bethel Park, PA 15102
Bro. Michael Suazo, CSSP - Associate Director
412-835-3510 Ext. 112
thespiritancenter@gmail.com

The Spiritan Center is available to host group retreats from all denominations. If your church group or non-profit organization would like to schedule a weekend, an overnight, or a day session, we will work to accommodate your request. Please call The Spiritan Center, 412-835-3510 x 112 to make arrangements or to schedule a tour of the facilities.

Located on forty acres in Bethel Park, The Spiritan Center offers a quiet setting to communicate with one’s self and one’s God. There are 45 individual rooms with sinks (there are common toilet and showers) and 5 self-contained that are modified handicapped accessible for a total capacity for 50. The Spiritan Center hosts weekend retreats as well as days and evenings of recollection. The facilities are also available Monday through Thursday for overnight retreats, Confirmation retreats, staff and planning meetings, workshops and seminars. The staff of the Center are available to aid you in any of your planning needs. Fees vary.
VILLA MARIA EDUCATION AND SPIRITUALITY CENTER
Retreat Programs  
P O Box 424 
Villa Maria, PA 16155-0424 
724-964-8886
Sr. Jane Mmarie Kudlacz, HM—President/CEO
Dana Stiger—Registrar
E-mail: dstiger@humilityofmary.org
www.villaprograms.org

Villa Maria Education and Spirituality Center is a family of ministries at Villa Maria Community Center that serves the spiritual and educational needs of adults, children and youth.

Spiritual retreats and conferences by nationally known presenters provide opportunities for renewal and contemplation. Retreat program facilities and guest services are available to individuals/groups whose religious or educational gatherings are in harmony with the mission and philosophy of the Sisters of the Humility of Mary.

Conference or Guided retreats offer participants retreats focused on a theme and allow time for personal prayer and solitude. Directed retreats offer an extended time for prayer and the opportunity to meet daily with a director. Personal retreats can also be arranged for anyone seeking time to get away for reflection and solitude. Spiritual Direction provides an opportunity to reflect, in a prayer context, on one’s life in relationship with self, others, and God. A Spiritual Direction Formation Program trains those who feel called to the ministry of spiritual direction.

The Villa Maria campus—with its woodlands, pond, outdoor shrines, nature paths, herb garden and Labyrinth—provides the perfect setting for contemplation and renewal. A Chapel with daily Eucharist, a library and an indoor pool are available to retreatants along with a new guest bedroom facility that is fully air conditioned with 41 private bedrooms, each with a private bath.

Please see www.villaprograms.org for more information.
WEST VIRGINIA INSTITUTE FOR SPIRITUALITY
1601 Virginia Street East
Charleston, West Virginia  25311
www.wvinstituteforspirituality.org
Sister Carole Riley, CDP - Executive Director
Sister Molly Maloney, OSF - Retreat Team Member
WVISsrMolly@aol.com
304-345-0926
304-345-8206 Fax

“Be still and know that I am God” - You are invited to make time to hear the still voice within during a day or days of retreat. WVIS is committed to the formation of competent spiritual directors. The ongoing associate program provides “hands-on” experiences of praying with Scriptures, a holistic approach to spirituality, and the tools and skills to qualify them for the ministry. For more information on the programs listed below contact Sister Carole Riley at 304-345-0926

Individually directed retreats ranging from 3 to 30 days. Silence, prayer and individual direction sessions are central components of these retreat offerings. Healing Touch massage is also available by Sister Molly Maloney, LMT for an additional fee. Call WVIS at 304-345-0926 to make your reservation or visit our website: www.wvinstituteforspirituality.org.

The Retreat in Daily Life is an adaptation of the Spiritual Exercises for those who cannot make the 30 day live-in retreat in the context of daily life. The retreatant is individually directed by an experienced director for review and guidance in prayer and discernment.

Healing Touch Massage is available at WVIS. Massage therapy is a professional art which utilizes various forms of touch to bring about a holistic, integrated sense of well-being. It works with most of the major systems of the body in such a way that we can sense ourselves as unified and harmonious creations of God. To schedule an appointment contact Sister Molly Maloney, OSF, M.A., LMT.

The West Virginia Institute for Spirituality - Spiritual Direction Internship is for persons who feel called to spiritual direction and retreat ministry. The internship provides the setting, curriculum and experiences in which to discern a call to the ministry of spiritual direction. The internship program follows the guidelines of Spiritual Directors International (SDI) by including the elements of theory and foundation, psychological foundations, discernment, practicum, and supervision. There is practical training in directing the Spiritual Exercises of St. Ignatius, which includes the 19th Annotation, and the 30-day Exercises are a part of the course of studies.

The Certificate in Advanced Training and Supervision is designed for experienced spiritual directors. The program facilitates education, enrichment, and hands-on experience. The program is available to laity, religious, and clergy of all faith traditions and consists of lectures, required reading, group process, theological reflection, integration, professional identity, ethics, and individual supervision.